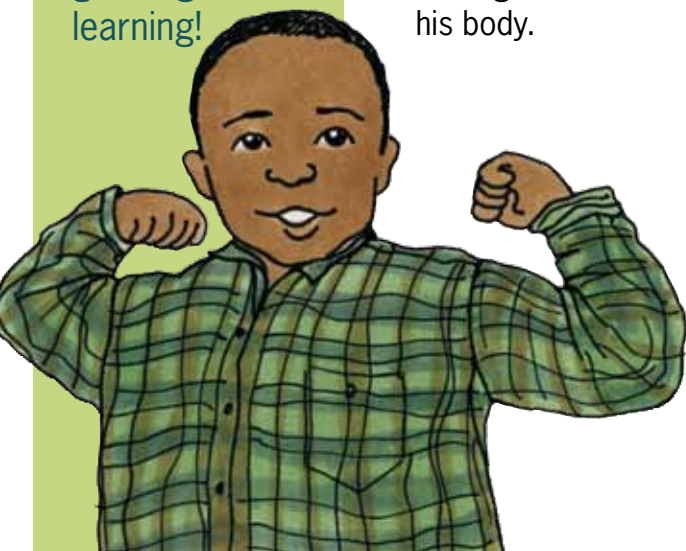


# Growth is a measure of good health



Every child develops in his or her own way.

Celebrate the positive ways your child is growing and learning!



- Growth depends mostly on genes and good nutrition.
- Your child may grow more some months than others. During growth spurts he will usually eat more.
- Regular well-child checkups are important.
- If you are concerned about your child's growth, talk with his doctor or nurse.

## A healthy child:

- Has energy to play.
- Sleeps well.
- Enjoys a variety of healthy foods.
- Feels good about his body.

## FOOD SAFETY

Keep the food that your family eats as safe as possible.

Before he eats, make sure your child washes his hands with soap and warm water for 20 seconds (the time it takes to sing the ABC song).

Wash your hands with soap and warm water for 20 seconds before and after you handle food.

Rinse fruits and vegetables with running tap water before you eat them.

Keep raw meat, poultry (chicken, turkey) and fish away from foods that won't be cooked, liked fresh vegetables or fruit.

Always wash cutting boards, dishes and utensils (knives, forks, spatulas) after they touch raw meat, poultry, eggs or seafood.

Use food and drink containers that are BPA-free or are glass, stainless steel or ceramic when storing, heating or serving food.

- For more food choice information visit [choosemyplate.gov](http://choosemyplate.gov) and [fruitsandveggiesmorematters.org](http://fruitsandveggiesmorematters.org)
- For more information on how to keep food safe visit [www.fsis.usda.gov](http://www.fsis.usda.gov)
- For help finding nutrition resources, call:

Family Health Hotline  
1.800.322.2588  
711 (TTY relay)

Programs of WithinReach

[www.ParentHelp123.org](http://www.ParentHelp123.org)



Child Profile is a program of the Washington State Department of Health.

If you have a disability and need this document in another format, please call 1-800-322-2588 (711-TTY relay).

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# Nutrition for Toddlers 18 Months to 3 Years



# Start healthy habits early. Variety is the key! Offer your toddler many different foods.

## Make eating vegetables and fruits fun.

Help your toddler choose a new fruit or vegetable to try each week. Provide a variety of healthy choices and let your child help with the meal. Toddlers can help do things like wiping off the counter, washing fruits and vegetables, and stirring ingredients. Kids may try foods if they helped make them.




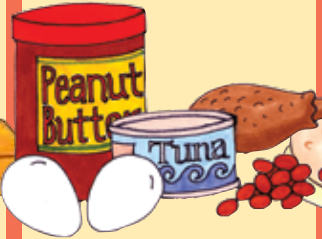

## Is your toddler eating enough?

Your toddler is eating enough if she has plenty of energy and is growing. She may eat more on some days than others. Start with small servings and give your child more if she wants it.

Your child may not be hungry for healthy foods if she drinks too much juice, sweet drinks and milk during the day. If you are breastfeeding, she is getting extra nourishment and comfort.

## Prevent choking

Until your child has all his teeth, he could choke on hard or round foods like hotdogs, whole grapes, or raw carrots or apples. Give your child foods that he can chew easily. Have your child sit down while eating. He could choke if he walks with food or liquid in his mouth.

 Vegetables	 Fruits	 Dairy	 Protein	 Grains
Offer 1 cup every day	Offer 1 cup every day	Offer 2 cups every day	Offer 2 - 4 ounces every day	Offer 3 ounces every day
<p>Over the course of a <b>week</b>, your toddler should have a variety of vegetables:</p> <ul style="list-style-type: none"> <li>• dark green leafy</li> <li>• orange</li> <li>• yellow</li> <li>• starchy (white)</li> <li>• other vegetables, like peas, green beans, broccoli, tomatoes</li> </ul> <p>A serving size is:</p> <ul style="list-style-type: none"> <li>• 1/8 – 1/4 cup cooked</li> </ul> <p>Offer 3 - 5 servings every day</p>	<p>Offer a variety of fresh, frozen or canned fruits. Be sure to include all different colors of fruit, like strawberries, apples, blueberries, oranges, bananas, melon, pears and peaches.</p> <p>Limit fruit juice to no more than half a cup (4 ounces) a day.</p> <p>A serving size is:</p> <ul style="list-style-type: none"> <li>• 1/8 – 1/4 cup fresh, frozen or canned</li> </ul> <p>Offer 2 - 4 servings every day</p>	<p>Until he is 2, your toddler needs the fat in whole milk for growth and energy. After that, offer 2%, 1% or fat free milk. If your child has trouble drinking milk, talk to your doctor or nurse.</p> <p>A serving size is:</p> <ul style="list-style-type: none"> <li>• 1/2 cup milk or yogurt</li> <li>• 3/4 ounce of cheese</li> </ul> <p>Offer 4 - 6 servings every day</p>	<p>Offer a variety of lean meats, fish, poultry and beans. Baking, broiling and grilling are good choices for preparing protein dishes.</p> <p>A serving size is:</p> <ul style="list-style-type: none"> <li>• 1 egg</li> <li>• 1 – 2 T peanut butter</li> <li>• 1/4 cup cooked tofu</li> <li>• 1 ounce meat, poultry or fish</li> <li>• 1/4 – 1/2 cup cooked beans or lentils</li> </ul> <p>Offer 2 servings every day</p>	<p>Whole grain cereals, breads, rice or pasta should make up one half of the total servings of grains. Whole grains provide the most fiber, vitamins and minerals.</p> <p>A serving size is:</p> <ul style="list-style-type: none"> <li>• 1/2 slice bread</li> <li>• 1/4 cup cooked rice or pasta</li> <li>• 1/4 cup dry cereal</li> </ul> <p>Offer 6 - 11 servings every day</p>

Read food labels.

Limit fats, sugars and sodium. Keep oils at or below 3 – 5 teaspoons per day.



A parent's job is to provide a variety of healthy foods.  
A child's job is to choose how much of those foods to eat.



## Menu ideas for toddlers

### Breakfast:

- 1 egg scrambled with 1/4 cup shredded zucchini
- 1/4 whole wheat English muffin
- 1/4 - 1/2 cup sliced banana
- 1/2 cup whole milk\*

### Snack:

- 2 T cottage cheese
- 1/4 cup pears

### Lunch:

- 1/4 turkey sandwich on whole wheat bread
- 1/4 cup cooked carrots
- 1/2 cup whole milk\*

### Snack:

- 1/4 cup applesauce
- 2 ounces plain yogurt

### Dinner:

- 1 ounce meatball
- 1/4 cup spaghetti noodles
- 1/4 cup cooked broccoli
- 1/2 small whole wheat roll
- 1/4 cup peaches
- 1/2 cup whole milk\*

### Snack:

- 2 graham crackers
- 1/2 cup milk\*

### Breakfast:

- 1/4 cup cooked oatmeal
- 1/4 - 1/2 cup sliced banana
- 1/2 cup whole milk\*

### Snack:

- 2 whole wheat crackers
- 1/2 cup whole milk\*

### Lunch:

- 1/2 cup vegetable stew
- 1/4 cup apple slices, peeled
- 1/2 slice whole wheat bread with butter
- 1/2 cup whole milk\*

### Snack:

- 1/4 cup steamed broccoli
- 2 T plain yogurt dip

### Dinner:

- 1 ounce baked fish (boneless) (examples: cod, salmon)
- 1/4 cup baked sweet potato
- 1/4 cup steamed cauliflower
- One square of cornbread (1-1/2") with butter
- 1/2 cup whole milk\*

### Snack:

- 1/4 whole wheat tortilla
- 2 T refried beans
- 1/4 cup mandarin orange

T = Tablespoon \*Low fat milk for children two years old and older



## YOU are your child's best teacher

- Eat a variety of healthy foods at meal and snack times.
- Shop for healthy foods with your toddler.
- Eat together as a family as often as possible.
- Limit screen time for you and your family to no more than two hours per day.
- Reward your child with your love and attention, not food.
- Have fun in the kitchen. Cut food into fun and easy shapes with cookie cutters.
- Exercise regularly.

## Learning to eat new foods

Your toddler is learning how foods look, feel, taste and smell. He is also learning how to use a cup and spoon. It's a messy process. Try not to let it bother you.

Avoid food battles. Making your child eat a food she doesn't want will not help her learn to like it. Next week she may love the foods she won't eat today. Keep offering choices from a variety of healthy foods.

Snacks are a good way to introduce new foods. Your toddler's stomach is small so he needs to eat healthy snacks between meals to give him the energy he needs. Between meals, snack on fresh fruits, vegetables and cheese.



## Build a healthy plate

Your toddler's stomach is small, so his meals will be, too. Try measuring his food once in a while so you know what a correct portion size looks like. If he is hungry you can give him more, but start with a small amount.

Note: A severe food allergy can be life threatening. Talk with your doctor if you are worried that your child has a food allergy. If a child is allergic to a certain food, the only way to prevent a reaction is to avoid that food and foods that contain it.

## Make time for active play

- Active play helps your toddler learn what her body can do. Physical activity helps develop motor skills, strength and coordination.
- During the day, encourage a variety of activities. By the end of her day, your toddler should have had at least 90 minutes of physical activity.
- Make sure your child has safe places to play indoors and outdoors.
- Play with your toddler. Find ways to be physically active that you both enjoy. This will set a good example for your child.
- Limit screen time (television, video or computer) to no more than 1 to 2 hours for children over age 2, no screen time for children under age 2.